

c'mon, inner peace.
I don't have all day.



Patience! How to Get It ~ How to Keep It!

A Single 90-minute Webinar

"Patience is the companion of wisdom." ~ Saint Augustine



1) Patience seems to be a lost art. Why does it matter?

- a) It's difficult to reach _____ without patience.
- b) Impatience leads to _____.
- c) Patience reduces _____.
- d) You'll make better _____.
- e) Patience helps you develop _____, _____, and _____.
- f) You'll experience personal _____.
- g) Patience lessens the chance of damaged _____.
- h) Patience can help you avoid _____ in your career.
- i) Patience helps you deal with _____.

2) Know your own _____.

- a) _____ do you get the most impatient?
- b) With _____?
- c) _____?

3) What are our challenges in today's society?

4) How can **you** tell when you are becoming impatient?

- | | |
|---|--|
| <input type="checkbox"/> shallow breathing | <input type="checkbox"/> anxiety/nervousness |
| <input type="checkbox"/> muscle tension | <input type="checkbox"/> rushing |
| <input type="checkbox"/> hand clenching | <input type="checkbox"/> snap decisions |
| <input type="checkbox"/> jiggling feet | <input type="checkbox"/> _____ |
| <input type="checkbox"/> irritability/anger | <input type="checkbox"/> _____ |

A to Z tips to improve your level of patience...which will **You use?**

- a) Remember past experiences of being_____.
- b) Have _____expectations of yourself *and* others.
- c) When you're feeling impatient, _____top to bottom.
- d) Recognize that _____are temporary and impatience often makes them worse.
- e) _____your reaction.
- f) Don't be a _____.
- g) Be a _____.
- h) Practice_____.
- i) Develop_____.
- j) Don't carry_____, _____, or grudges.
- k) _____before you_____.
- l) Take_____under stress.
- m) _____for a whole day.
- n) Intentionally_____.
- o) Practice delaying_____.
- p) _____.
- q) Make a habit of doing something_____while waiting.
- r) Be kind to yourself when you don't quite reach_____.
- s) Understand that anger, blaming, shaming, irritation, and outrage are_____, _____, **and** _____.
- t) Watch your _____:
 - "He never..."
 - "She always..."
 - "Why can't she..."
 - "Don't they..."
 - "Can you believe..."
 - "Doesn't she ever..."
 - "Why didn't he..."
 - "Are you kidding me?????"
 - _____
 - _____

u) Instead, create new self-talk:

“This is merely _____,
not intolerable or unbearable.”

v) Pay attention when your impatience _____ and deal with it quickly.

w) Develop a _____ that requires patience.

- | | |
|--|---|
| <input type="checkbox"/> painting | <input type="checkbox"/> knitting |
| <input type="checkbox"/> sculpting | <input type="checkbox"/> crocheting |
| <input type="checkbox"/> writing | <input type="checkbox"/> making fishing lures |
| <input type="checkbox"/> gardening | <input type="checkbox"/> making jewelry |
| <input type="checkbox"/> calligraphy | <input type="checkbox"/> scrapbooking |
| <input type="checkbox"/> cooking | <input type="checkbox"/> _____ |
| <input type="checkbox"/> reading a different genre | <input type="checkbox"/> _____ |

x) Recognize when impatience is triggered by something _____
and manage the trigger:

- | | |
|---------------------------------|--------------------------------------|
| <input type="checkbox"/> hunger | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> pain | <input type="checkbox"/> dehydration |

y) Recognize when the situation or circumstances are beyond your _____.

z) Remember that impatience doesn't change anything except your _____!

*“Patience is something you admire in the driver behind you and scorn in the one ahead.”
~ Mac McCleary*

What triggers your impatience? _____

What can you do differently to overcome your impatience? _____

Why should you bother?? _____

